

What is claimed is:

1. A composition comprising citicoline, or a pharmaceutically-acceptable salt thereof, wherein said citicoline is metabolized to form at least one of cytidine, uridine, and choline.
2. The composition of claim 1, further comprising one or more of the compounds selected from the group consisting of linoleic acid and linolenic acid or their active metabolites.
3. The composition of claim 2, wherein the active metabolite is arachidonic acid or docsohexenoic acid.
4. A composition comprising at least one of choline or a pharmaceutically-acceptable salt thereof; cytidine or a pharmaceutically-acceptable salt thereof; and uridine or a pharmaceutically-acceptable salt thereof.
5. The composition of claim 4, further comprising a fatty acid.
6. The composition of claim 4, wherein the fatty acid is selected from the group consisting of linoleic acid and linolenic acid or their active metabolites.
7. A method for preparing a composition for use in treating or preventing memory impairment or cognitive dysfunction, comprising the steps of:
 - providing an effective amount of citicoline, or a pharmaceutically-acceptable salt thereof;
 - providing an effective amount of one or more second compounds selected from the group consisting of linoleic acid and linolenic acid; and
 - combining said citicoline with said one or more second compounds to form a pharmaceutically-acceptable preparation.
8. A method for preparing a composition for use in treating or preventing memory impairment or cognitive dysfunction, comprising the steps of:

providing an effective amount of choline or a pharmaceutically-acceptable salt thereof;
providing an effective amount of cytidine or a pharmaceutically-acceptable salt thereof;
and

providing an effective amount of uridine or a pharmaceutically-acceptable salt thereof.

9. A method of preventing or treating cognitive disorders or memory impairment, comprising the steps of:

administering an effective amount of choline or a pharmaceutically-acceptable salt thereof;

administering an effective amount of cytidine or a pharmaceutically-acceptable salt thereof;

administering an effective amount of uridine or a pharmaceutically-acceptable salt thereof; and

continuing said administration for a period of at least about six weeks.

10. The method of claim 9, further comprising the step of administering one or more of the compounds selected from the group consisting of linoleic acid and linolenic acid.

11. A method of preventing or treating cognitive disorders or memory impairment, comprising the steps of:

administering an effective amount of choline or a pharmaceutically-acceptable salt thereof;

administering an effective amount of cytidine or a pharmaceutically-acceptable salt thereof; and

continuing said administration for a period of at least about six weeks.

12. The method of claim 11, further comprising the step of administering one or more of the compounds selected from the group consisting of linoleic acid and linolenic acid.

13. A method of preventing or treating cognitive disorders or memory impairment, comprising the steps of:

administering an effective amount of choline or a pharmaceutically-acceptable salt thereof;

administering an effective amount of uridine or a pharmaceutically-acceptable salt thereof; and

continuing said administration for a period of at least about six weeks.

14. The method of claim 13, further comprising the step of administering one or more of the compounds selected from the group consisting of linoleic acid and linolenic acid.

15. A method of preventing or treating cognitive disorders or memory impairment, comprising the steps of:

administering an effective amount of cytidine or a pharmaceutically-acceptable salt thereof;

administering an effective amount of uridine or a pharmaceutically-acceptable salt thereof; and

continuing said administration for a period of at least about six weeks.

16. The method of claim 15, further comprising the step of administering one or more of the compounds selected from the group consisting of linoleic acid and linolenic acid.

17. A method of preventing or treating cognitive disorders or memory impairment, comprising the steps of:

administering an effective amount of citicoline, or a pharmaceutically-acceptable salt thereof, combined with one or more of the compounds selected from the group consisting of linoleic acid and linolenic acid; and

continuing to administer said citicoline for a period of at least about six weeks.